

Health & Wellbeing Group Grant Form (for small grants)

1. **Name of applicant:** Kate Stace
2. **Organisation applying:** Alabaré Christian Care and Support
3. **Contact details of applicant:** Riverside House, 2 Watt Road, Churchfields, Salisbury, SP2 7UD. Email : k.stace@alabare.co.uk Tel : 01722 323325 Mob : 07525 594115

4. **Total cost of your project (provide a simple breakdown of costs):**

£60 (Staff costs per session) x 52 = £3,120 for 1 session per week/1year
Administration costs = £50
Initial purchase of Team T-shirts 20 x £20 = 400

Total costs for 1 year = £3,570

5. **How much are you applying for from the Health & Wellbeing Group fund?**
£1500

6. **What is the title of your project?** Enable Health and Fitness

7. **Please give a paragraph (or 2) description as to what your project is for/what its aims and objectives are**

The aim of this Project is to enable adults with Learning Disabilities in the Salisbury area to access tailored fitness classes that will also include information sessions around the issues of healthy eating and wellbeing. Each weekly session of 60 minutes will be delivered by an Instructor who has a Level 3 Personal Training Qualification, 6 years' experience in care and a Level 3 NVQ Diploma in Health and Social Care. Initially the project will be open to residents of Alabaré's long term supported living accommodation and clients who benefit from our domiciliary social care and support service who live in their own homes in the wider community. Classes will consist of up to 10 participants, and can include carers and will be delivered from several possible locations eg Alabaré homes, Riverside House (Alabaré's Head Office) and appropriate outdoor areas such as Hudson's Field.

The objective of this project is to meet the needs of a substantial yet under-represented group in Salisbury and effectively target their health and well-being needs. Adults with Learning Disabilities are often unable to access fitness classes that are open to the general public for a variety of reasons (See Q 9), whilst their requirements are significantly more complex. In 2013, Wiltshire's JSNA noted that those with Learning Disabilities are "known to experience inequalities in health", shorter life expectancy and "poorer physical and mental health". These classes aim to encourage a sustainable healthy lifestyle in a fun learning environment, support individuals to maintain their independence for as long as possible, delay the need for further care services, decrease isolation and prevent premature ill health and obesity.

8. Please tell us when your project will take place

The project will start as soon as we have the necessary funding in place to run for a minimum of 6 months. This will ensure that the classes have enough time to become established into the users' routine, and give the best chance for success and further expansion. Often the timing of public classes is a barrier to those with Learning Disabilities, as they may be too early in the morning (meaning they have transport issues) or in a busy gym in the evening, therefore sessions will be either late morning or early afternoon.

9. Does the project meet a local need? (for which postcodes?)

The idea for the project has come from a former Alabaré Support Worker, who has experience working with adults with Learning Disabilities in the Salisbury area, and has seen the need for tailored exercise classes for this specific group of individuals. Currently, Alabaré supports around 80 individuals from the postcode areas SP1, SP2 and SP4, whilst the 2013 JSNA highlights that there are over 8,500 adults with Learning Disabilities in the Wiltshire area. Many face the challenge of additional physical health problems or disabilities, struggles with obesity and mental ill-health. There are sporting clubs and classes available in Wiltshire but very limited appropriate exercise classes.

The requirement for a specialist class is due to the many barriers to exercise those with LD's face such as the financial (gyms can be expensive, and require contracts), accessibility issues (both in terms of location/timings and disabled access), whether carers can attend too, anxiety (gyms can be intimidating) and exclusion from public classes as disruptive. Initially classes will be opened to those using Alabaré's services, but may be extended to include the wider LD community if successful.

10. How well does the project meet the priorities of the Joint Strategic Needs Assessment:

Loneliness

Social Isolation

Dementia

Carers

Avoidable admissions to hospital

Avoidable admissions to hospital due to falls

(ie Does the project addresses the reasons why people are admitted to hospital eg providing opportunities for healthy eating/exercise etc)

This Project will help to meet the priorities of the JSNA in many ways. The sessions will help to overcome loneliness and social isolation, by providing an opportunity for users from different homes to socialise, reduce anxiety, improve self-image and confidence and by building resilience. Class t-shirts will help to promote a sense of belonging and teamwork. Carers will be invited to take part in the classes as well. Sessions will provide opportunities to learn about healthy eating and enjoy exercise. As noted in the JSNA "A healthy lifestyle is the best protection against avoidable

disease” – the Project aims to educate and support this group, to reduce obesity and delay the need for statutory care services or admission to hospital, and enable individuals to lead a fulfilling and independent life.

11. How well have older people and their carers been/will be involved in the project?

Alabaré currently provides support to adults up to the age of 80, and all will be invited to be involved in their Project, along with their carers. The classes will be tailored to be appropriate for the age-range of the participants.

12. How accessible is the project for all? (Disabled access, low income, vulnerable, socially isolated etc)

The Project is designed to be accessible to all who have Learning Disabilities and for a range of needs within the Alabaré community and beyond. Locations have been chosen to allow disabled access, and to encourage those that are isolated to attend (allow generous time for users to get there), and conveniently located. Carers are to be included, and for the first year the classes are to be free so as not to exclude those who are financially disadvantaged, or discourage those offered less healthy alternative activities.

13. How well will the project safeguard the welfare of vulnerable people?

Alabaré has a robust Safeguarding Policy for Vulnerable People that will be referred to, and required of the Instructor as well. Risk Assessments will be done by both the Instructor and Alabaré to ensure that the sessions are carried out in the safest way possible. Any adults delivering the classes will be required to be DBS checked, appropriately qualified and fully aware of the unique needs of the group they are working with. Carers will be allowed to join in the sessions or observe. All classes will be tailored to the specific learning and physical requirements of the participants. The instructor will provide a specialised PARQ form and agreements for participants to fill out before exercising. GDPR policies will be put in place.

14. How will the you monitor and evaluate the project?

The project will be regularly monitored, evaluated and developed. Success will be measured with reference to attendance records and feedback surveys completed with both participants and their carers. A framework will also be put in place to measure the impact of the sessions at a social level, and also against individuals' improvements physically, emotionally and practically (ie skills acquired). Ultimately success may see the request for the quantity of sessions increased and the demand on other care services reduced, and a reduction in health inequalities for those with Learning Difficulties in the Salisbury area.